

How Are You? Year 11

June 2021

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Introduction:

Chameleon PDE were commissioned by Swindon Borough Council, Healthy Schools to design, deploy and analyse data collected via the 'How Are You?' survey.

The survey has been run a number of times in previous years, however, this year there have been some additional questions added to gather data on student safety.

The survey aimed to capture data on student's behaviour, perceptions of peer behaviour, views on safety in their local community, the impact of the covid 19 pandemic on their lives and their experience of their school's PSHE programmes.

The survey was modified to include content specific to year 11 students and was made available to all mainstream secondary schools in Swindon.

Summary of Findings

The sample size (414), though sufficient to make inferences was a little disappointing with only three of the 14 schools invited surveying a full cohort of year 11 students. Given the statutory requirements around PSHE and expectation of student consultation it also represents a missed opportunity for the majority of schools across the borough.

Nonetheless, data collected suggests that the majority of year 11 students in Swindon are unlikely to be engaging in a range of risk-taking behaviours with low numbers reporting the use of tobacco or cannabis. Cigarette use is higher than in previous years, possibly reflecting a slight variation in behaviours between students in different schools across the borough. Alcohol use is fairly low and although over half of students have tried alcohol there are very few students drinking even on an occasional basis. Viewing pornography is higher than in younger year groups and a significant minority have uploaded an inappropriate image of themselves.

Covid has had an impact on the lives of most students with over half reporting negatively on a range of areas associated with mental health and more than half feeling they had fallen behind with school work. However, there were also some positive responses in relation to covid, such as enjoying spending more time with family.

The majority of students reported feeling safe in their community, reported bullying was fairly low and a very small number of students were part of a gang with even fewer reporting that they carried weapons.

The most surprising and concerning issue reported was the level of self-harm. 40% of year 11 students reported that they had self-harmed and although in the majority of cases it was a short-term behaviour, there are students who are self-harming on an on-going basis and in some cases, this is happening most weeks or even daily.

YEAR 11 Survey Results

1. Numbers Completing

- 414 complete survey responses
- 287 incomplete survey responses

In total 414 students successfully completed the survey. A further 287 partially completed, however, only surveys that have been fully completed are included in the results.

2. Schools Completing the survey

School	Students Completed (% of Sample)
Abbey Park School	81 (20%)
Lawn Manor School	107 (26%)
The Commonweal School	48 (12%)
Highworth Warneford School	97 (23%)
St Josephs College	18 (4%)
UTC Swindon	1 (Under 1%)
Swindon Academy	62 (15%)

Three out of the 14 schools invited to take part appear to have made a good attempt to include all of the year 11 cohort in the survey. Of the remaining schools it appears that one or two tutor groups have completed or just a handful of students. Eight schools did not return any year 11 surveys.

3. Gender

Gender	Students Completed (% of Sample)
Female	272 (54%)
Male	166 (40%)
Prefer Not to Say	11 (3%)
Non-Binary/Trans	18 (4%)

There is greater representation of female students, and this has been the case in previous years. 7% of students have either preferred not to state their gender or have identified as non-binary or trans.

4. Age

Age	Students (% of Sample)
15	145 (35%)
16	269 (65%)

5. Ethnicity

Ethnicity	Students (% of Sample)
White British	278 (67%)
Black, Asian, Minority Ethnic	81 (20%)
'Prefer Not to Say'	11 (3%)
Other European	23 (6%)
Other Non – European	4 (1%)

Just over two thirds of students are white British.

Key Findings:

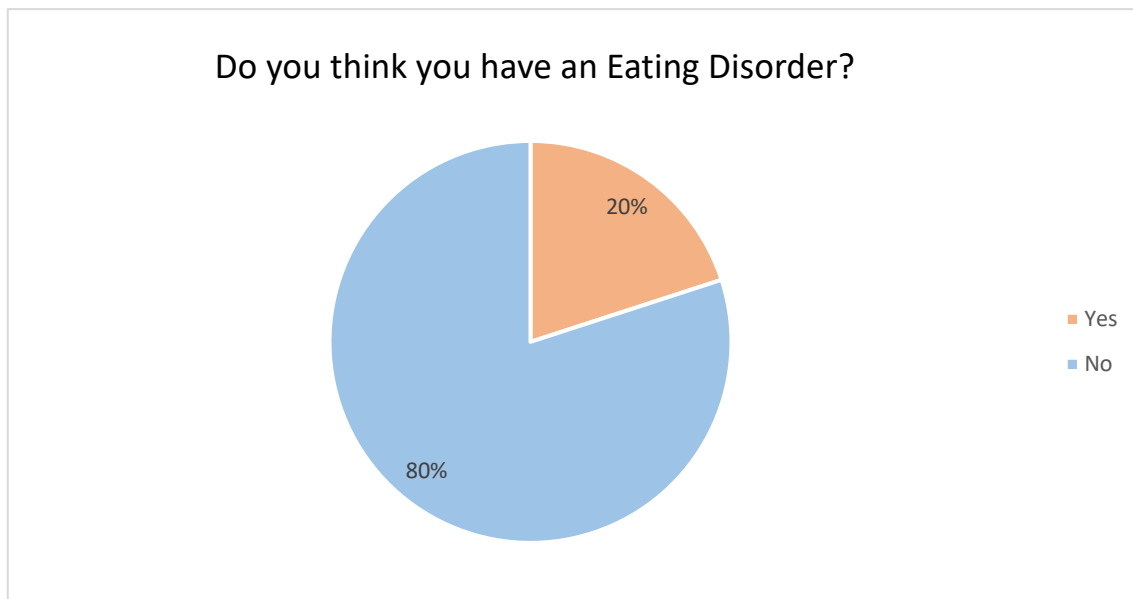
- 91% of students reported that they do **NOT** smoke
- 93% of students do **NOT** use e-cigarettes/vape.
- 89% of students reported that they did **NOT** use cannabis.
- 40% of students report that they have **NEVER** drank alcohol, of the 60% who have tried alcohol almost half reported that it had been on rare occasions.
- 56% have **NOT** viewed pornography.
- 74% have **NOT** uploaded an inappropriate image of themselves.
- Bullying is rare for the majority with the most common type of bullying reported being verbal bullying. 76% reported that they would act if someone was being bullied.
- Mental health findings are not as positive as in previous years and, 40% reported that they had self-harmed. 15% are currently self-harming with just over 7% reporting that they self-harm 'most days' or 'most weeks'.
- 72% generally feel safe in their day-to-day life.
- 91% of students are **NOT** in a gang.
- There were both positive and negative impacts of **Covid**.

- Perception data around smoking, vaping and cannabis use was fairly close to the actual figures. There was a slight over-perception around the behaviour of ‘boys in your year group’, however, on the whole **students had a very accurate and positive picture about the behaviour of their peer group.**

Survey Findings

Food and Eating

The majority of students (80%) report that they do not have an eating disorder. In the 20% of students who reported an eating disorder, 85% have anxiety about their body image and 29% of students have received support about their eating. 23 students reported that they had received support specifically from their GP or CAMHS about their eating.



Exploratory Behaviours

Students were asked about a range of exploratory behaviours including substance use, gambling, pornography and uploading an inappropriate image.

Smoking – tobacco

	Yes	No
Smoking	More than 1 cigarette per week = 9% of students (38) Every day = 6% of students	376 90% do not smoke
Vaping	29 students have vaped between less than once per week to 5-7 times per week	386 students 93% do not vape
Cannabis	42 students reported cannabis use	352 89% do not use cannabis

Only 9% of students reported smoking more than 1 cigarette per week, e-cigarette use was reported by a minority group of students, and whilst cannabis use was higher the vast majority do not use cannabis.

Alcohol – Have you ever drunk alcohol?

	Yes	No
Alcohol	60% (247 students)	40% (167 students)

Just under two thirds of students have drunk alcohol, but of that group only 9% reported drinking on a regular basis.

Parents are the main source of alcohol, with 66% reporting that their parents gave them alcohol. 17% took alcohol from their home and 28% had it bought for them by older relatives or friends.

Gambling

The majority of students have not gambled

	Yes	No
Gambling	109 = 26%	305 = 74%

Of the students who have gambled the following behaviours have taken place:

- 86% have used scratch cards.
- 39% have bought a National Lottery ticket
- 28% have participated in online betting.
- 11% have been to a betting shop.

Given the legal status of gambling it is somewhat surprising that so many students have been able to gamble. It may be that parents or older relatives have gambled on their behalf.

Pornography

	No	Yes
Pornography	56%	44%

- 44% of students (182) have viewed pornography online.
- Of this group 24% have viewed pornography rarely i.e., less than 6 times
- 56% of students (232) have NOT viewed pornography online.

Sharing Inappropriate Images

	No	Yes
Uploading an inappropriate image	74%	26%

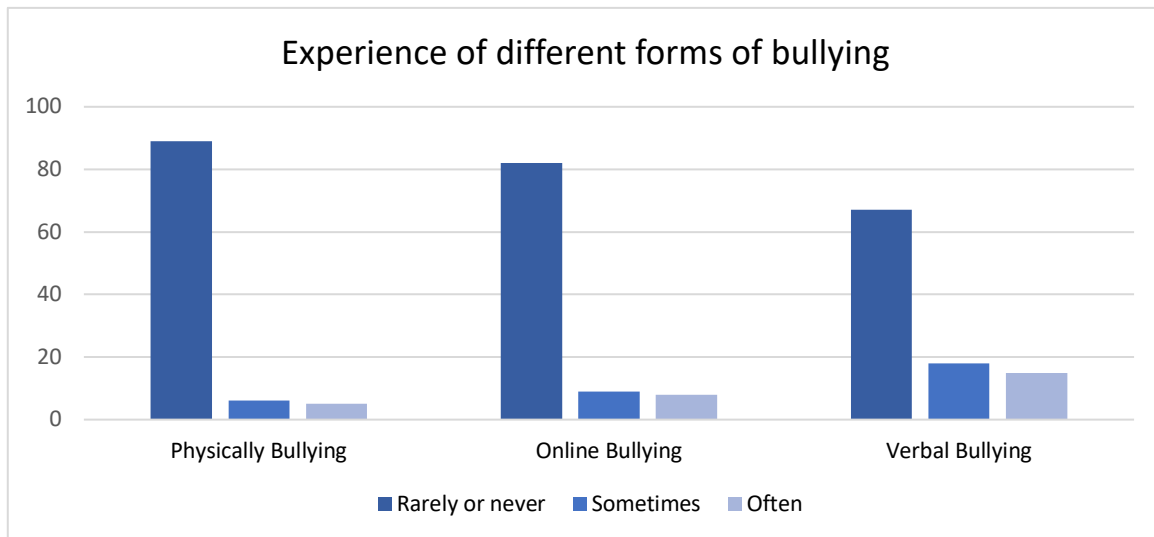
It is reassuring that the majority reported that they have not uploaded an inappropriate image of themselves, however, a significant minority have and this action can have potentially serious consequences.

Sex

	No	Yes
Had Sex	327 students (79%)	87 students (21%)

Mental & Emotional Health

Bullying



- 76% of students would act if they, or someone they knew, was being bullied.
- Of which, 27% would speak to a parent and 40% would speak to a teacher.

Most students have either not experienced bullying at all or have rarely been bullied. Verbal bullying is the most common form of bullying and almost 33% of students have experienced this type of bullying 'sometimes' or 'often'.

The majority of students report having at least one friend, family member and a member of staff at school they can turn to for help and support. Figures drop for general feelings of happiness at school with more than half of students reporting difficulty in this area, whereas figures increase when questioned on having strategies for managing difficult feelings.

- 89% Agree to have a friend they can turn to for support.
- 76% Agree to have people at home who they can turn to for support.
- 56% Agree to have staff in school who they can go to for help.
- 61% Agree to be happy with their life.
- 48% Agree to be happy at school.
- 63% Agree to have healthy ways to manage difficult feelings

Self-Harm

	Yes	No
Ever self-harmed	40% (164 students)	60% (250 students)
Currently self-harming	15% (63 students)	85% (351 students)

- 31 students reported self-harming most days or most weeks.
- 32 students reported self-harming occasionally i.e., less than once per month

The figures for self-harm are higher than expected and higher than in previous years. A significant minority report that they have self-harmed, and 63 students report that they are currently self-harming. 32 students report self-harm on an occasional basis, a further 18 report weekly self-harm and 13 report self-harming on most days.

General Happiness

When students were asked to agree or disagree with the following statement:

‘I would be happy if school spent more time helping students manage their feelings, emotions and mental health’

They answered as follows:

- 67% of students **Agree** or **STRONGLY Agree** (43%)
- 21% of students are **Unsure**.
- 12% of students **Disagree**.
- From this, 7% **STRONGLY Disagree**.

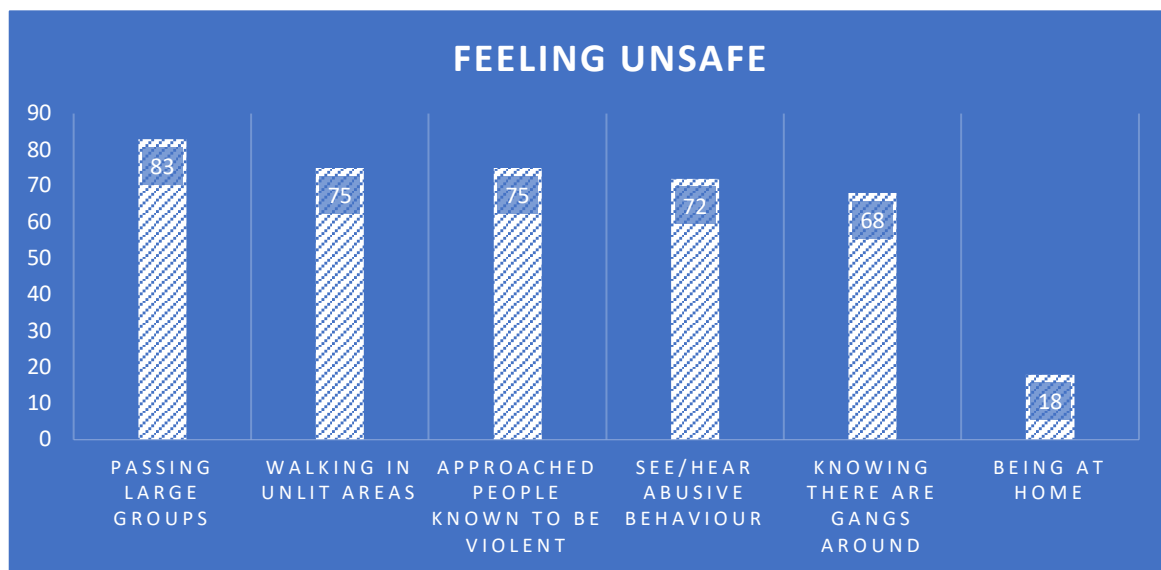
This suggests that almost two thirds of students feel that they would benefit from some support with mental/emotional health.

Combined with the data on general happiness and self-harm, it is clear that more focus on emotional and mental health is likely to be beneficial to many students.

Safety

This section has been extended in 2021 to provide greater insight on how safe young people in Swindon feel in their local community.

- 15% know someone in the school who has had nowhere to sleep at night on one or more occasions.
- 30% know someone who has been asked to do something that could be illegal.
- 29% knows someone in the school who spend a lot of time with older people that are not family or close friends.
- 35% know someone in the school who has been forced to do something they don't want to do.
- 63% of students know where to get help in the instance of these situations.
- 37% of students do not know where to get help in these situations.
- 72% generally feel safe in their daily life.
- 28% generally do not feel safe in their daily life.



Students were asked to select situations that made them feel unsafe. They could select as many as were relevant to them.

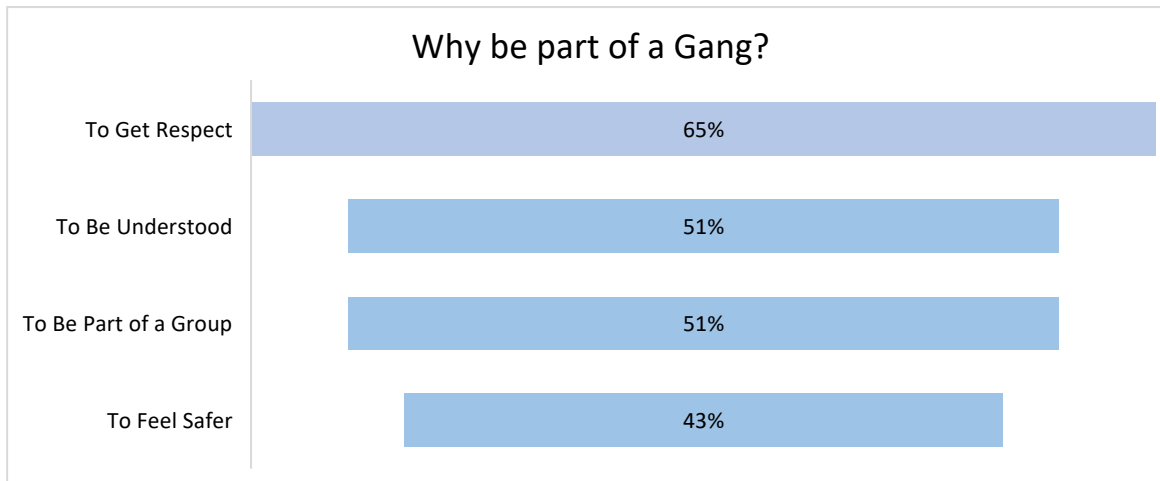


Findings suggest that the majority in this age group feel safe, and are not in gangs, however, 28% report not feeling safe and 6% would avoid home to feel safer.

A small number of students (12) reported that they would carry a weapon such as a knife to feel safer.

Gangs –

- 9% of students (36) reported being in a Gang.
- 91% of students (378) are not in a Gang.



When asking the small number of students in a gang a bit more about their gang membership the following information was reported.

- 58% of students (21) in a gang carry a weapon.
- 47% of students (17) in a gang use abusive/violent behaviour
- 56% of students (20) in a Gang dress in a particular way
- 69% of students (25) in a Gang use specific vocabulary.

	Yes	No	I am NOT in a Gang
Do you know how to leave a Gang safely?	22 (5%)	14 (4%)	378 (91%)

No students reported being too scared to leave a gang.

PSHE - What do students think of PSHE?

From September 2020 it has been a statutory requirement for schools to deliver a programme of Relationships, sex, and health education. Ofsted expect this offer to meet the needs of the students in their setting and to modify PSHE programmes to meet student needs. This survey which is freely available to schools via Swindon Borough Council is an excellent opportunity for schools to comprehensively consult with their students and the findings for those schools who have taken part will provide data that they can use to inform their PSHE programme.

Students were asked comment on how much input they had received across a range of areas and the tables below provide the 'top 6' and 'bottom 6' areas as rated by students.

Best rated topics

Topic	A lot/some
Benefits of physical health and fitness	49%
Body changes at puberty	45%
Information about drugs	45%
Risk of crime, gangs, and knives	42%
Online safety	42%

It is very reassuring that students are rating some of their PSHE highly with the majority acknowledging 'a lot' or 'some' input on the above topic areas. It may be that some of these topics were thoroughly taught at primary school as most primary schools in Swindon have invested in the Jigsaw PSHE programme which covers some of the above topics, however, given the fact that year 11 students left primary school 5 years ago, this is less likely than for younger secondary school students.

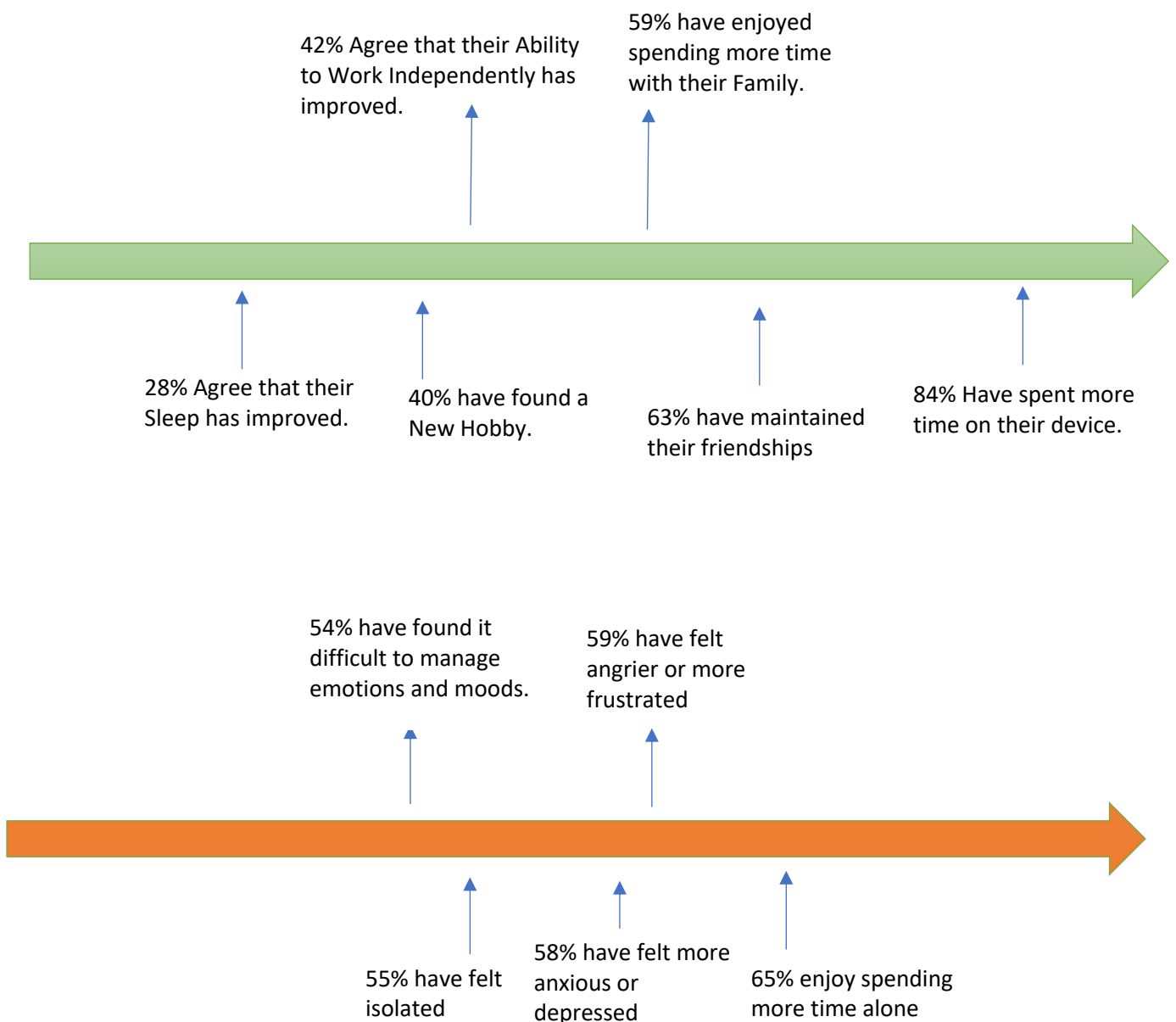
Worst rated topics

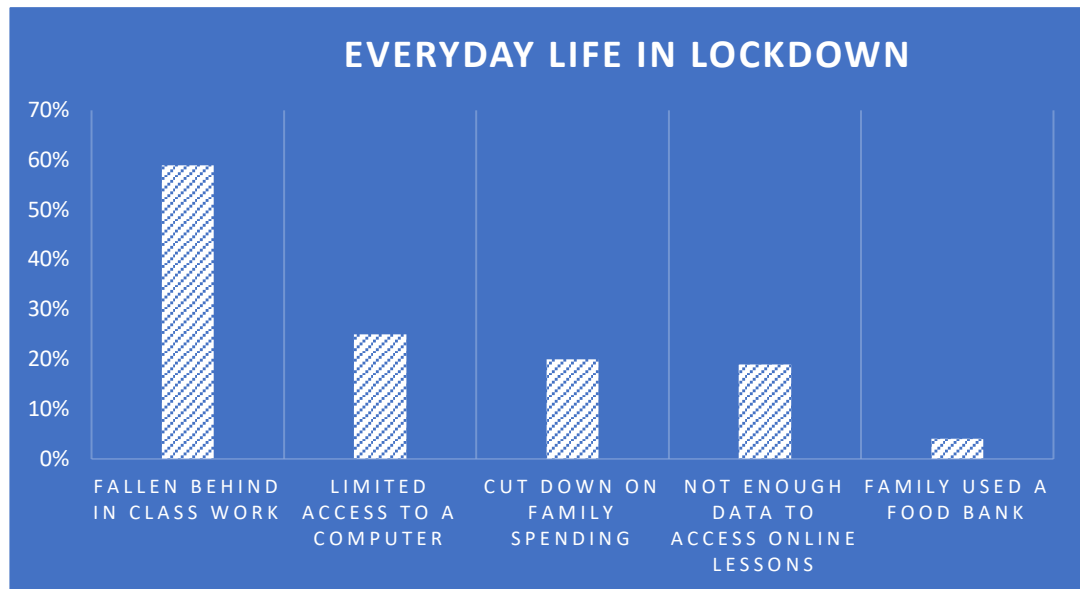
Topic	A little/nothing
Relationship changes	56%
Basic first aid	55%
Pornography	53%
Types of relationships	50%
Managing finances	47%

The above topics were areas where the majority of students reported little or no input. It is interesting that pornography has been poorly rated as there are significant numbers accessing pornography. The relationships areas feature significantly in the statutory guidance, and this is an area that schools need to provide more input. Managing finance is a topic that students often request, however, this area is not a statutory requirement. Nonetheless, it is an important area and students regularly request more lessons about budgeting and finance.

Impact of Covid 19

A set of questions directly related to the impact of the covid 19 pandemic on students was added. There was some positive feedback reported but also some negative reporting, particularly around mood, mental health, and feelings of isolation.





There were also some practical issues reported that caused some students difficulty as a result of the pandemic. Most notably were feeling that they had fallen behind with schoolwork. For some there were issues with accessing technology, however, very few reported the use of a foodbank, although a 5th did report a drop in family spending.